

DINNERLY



Fan Fave: Smoky Beans and Wedges with Lip-Smacking Sauce



35 minutes



2 Servings

You can never have too much sauce, especially when it comes to wedges. Here we've loaded them with sweet, smoky beans, then served them with a moreish sauce for dipping or drizzling. Satisfaction guaranteed.

WHAT WE SEND

- 800g potatoes
- 1 red capsicum
- 1 spring onion
- 400g kidney beans
- 400g diced tomatoes
- 10g smoky barbecue seasoning ¹⁷
- 40ml burger sauce ³

WHAT YOU NEED

- 2 tbs olive oil
- 2 garlic cloves
- 1 tbs tomato paste
- 1 tsp honey

TOOLS

- large oven tray
- baking paper
- medium deep frypan

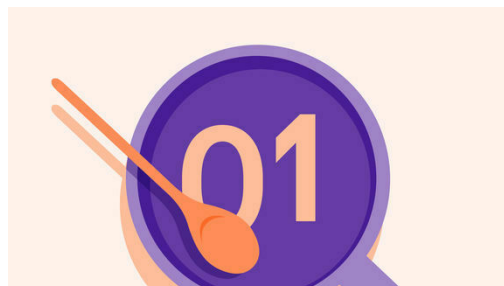
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (3), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 720kcal, Fat 28.7g, Carbs 80.3g, Proteins 22.0g



1. Roast wedges

Preheat the oven to 220C. Line a large oven tray with baking paper. Cut the **unpeeled potatoes** into wedges and put on the lined tray. Drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to coat. Roast for 30 mins or until tender.



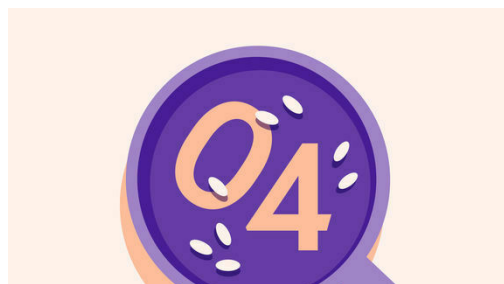
2. Prep ingredients

Meanwhile, cut the **capsicum** into 2cm chunks. Thinly slice the **spring onion**. Crush or finely chop **2 garlic cloves**. Drain and rinse the **beans**.



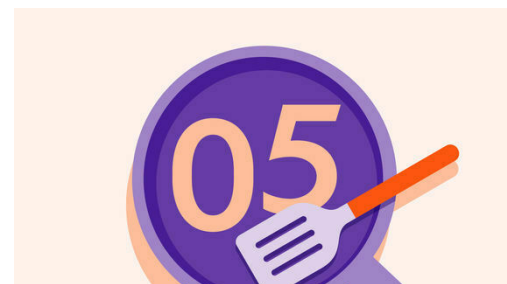
3. Soften capsicum

Heat **1 tbs olive oil** in a medium deep frypan over medium heat. Cook the **capsicum** and **garlic**, stirring, for 4 mins or until softened.



4. Simmer beans

Add the **beans, tomatoes, barbecue seasoning, 1 tbs tomato paste, 1 tsp honey** and **60ml (¼ cup) water** to the capsicum mixture and bring to the boil. Reduce the heat to medium and cook, stirring occasionally, for 8-10 mins until slightly thickened. Taste, then season with **salt and pepper**. Remove the pan from the heat.



5. Serve up





Divide the **wedges** and **smoky beans** among bowls and scatter over the **spring onion**. Serve with the **burger sauce**. Enjoy!



6. Make it yours

Like things cheesy? If you have some grated cheese in your fridge, sprinkle it over the bean mixture to serve.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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